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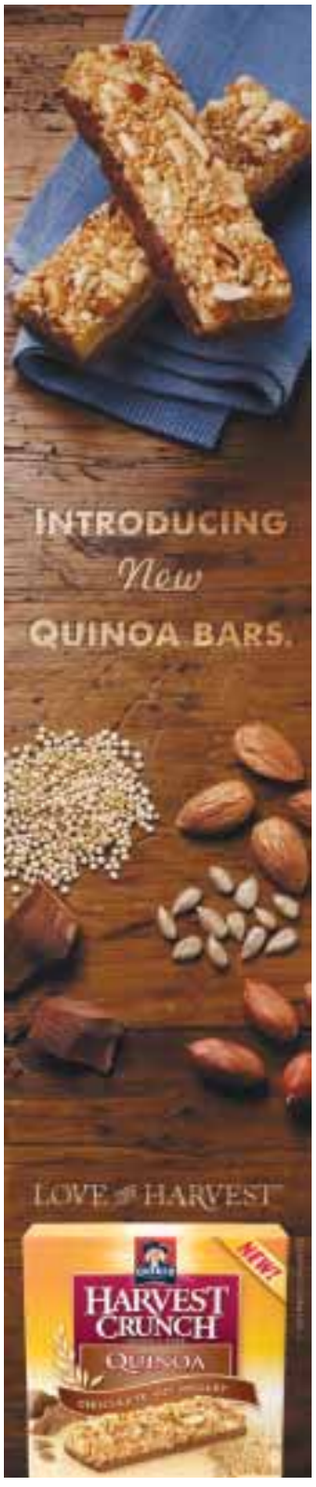


EPIC TALE OF HIGHS, LOWS, REDEMPTION

CANADIAN FIRM STRIKES A $4.7-BILLION DEAL TO TAKE OVER THE EMBATTLED BLACKBERRY

PAGE 10

Keeping an eye on Kenya

Amid reports that a Canadian was among the attackers, Prime Minister Stephen Harper denies that homegrown terrorism is a 'mass phenomenon' PAGE 6

You mean Miley Cyrus lyrics aren't factual?

Molly — a purer form of ecstasy — is bad for you, doctor warns PAGE 14

WHAT A TREE-T!

Reforest London is getting ready to celebrate National Tree Day in grand style. The non-profit, in conjunction with local business partners, will hand out about 2,700 free trees Wednesday at sites across the city. Libraries, Goodwill outlets and Scotiabank branches will be among those taking part. Check reforestlondon.ca for a full listing. Reforest's Sheila Creighton, pictured left, and Ben Porchuk were getting saplings and seedlings ready Monday. MIKE DONACHIE/METRO

Where has all London's water gone?

'Non-revenue water.' City is losing its H2O, city leaders say

MIKE DONACHIE
mike.donachie@metronews.ca

More than 11 per cent of London's drinking water has vanished.

And that figure is rising year over year, councillors were told Monday, just three days after the city had 84 centimetres of rain in one night.

Eyebrows were raised as the civic-works committee discussed the problem, but city staff are already plugging the leaks.

Here's the problem: "Non-revenue water" is what goes into the system but isn't seen on people's water bills.

Where does it go?

Leaking pipes account for 79 per cent of lost water. Fighting fires adds to the figure, as do billing meter inaccuracies and smaller problems such as construction, water-main breaks and simple theft.

But the city has a pilot project under way. It has established five "district metered areas" to look for problems at a local level.

The areas involved are St. Anthony's, Lambeth, White Hills, Oakridge and Summerside.

"We didn't have a robust enough program to deal with leakage," said city water director John Lucas.

With the pilot system, Lucas said, "We'll get a chunk of it. We'll never get it all."

Already, some problems have been fixed.

In Oakridge, for example, a leak into a dry well went unnoticed for more than a year. It poured away 31,000 cubic metres of water — about $13,000 worth.

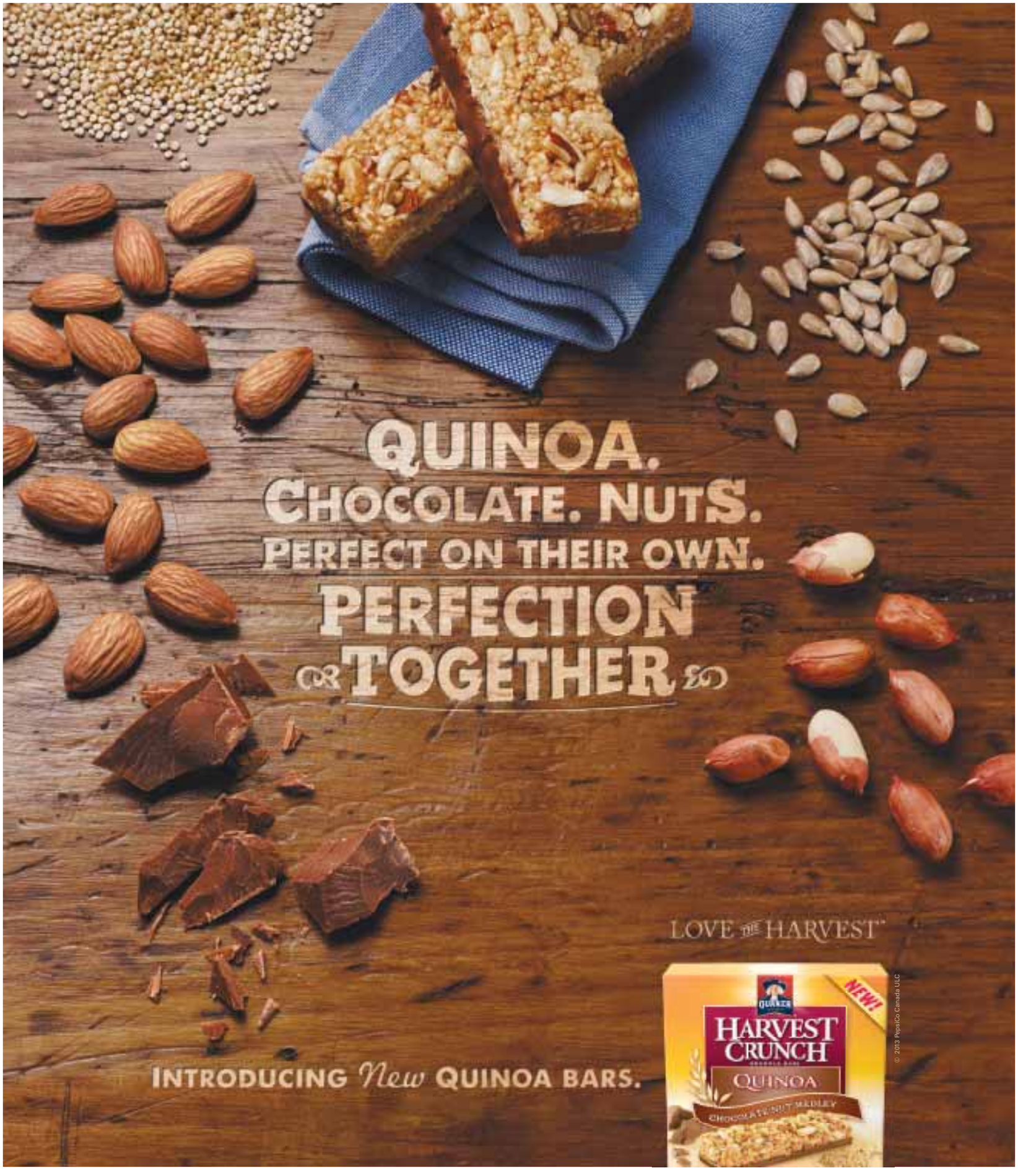
A business case for expanding the project to the entire city will be made when the 2014 water budget is tabled.

If approved, the project will cost $2.5 million to set up but will save $3 million of water over five years. The savings could rise to $2 million a year after that, officials said.

London's lost water

Per cent missing from the system by year:

- **2012:** 11.2 per cent
- **2011:** 10.8 per cent
- **2010:** 10.2 per cent
- **2009:** 9 per cent
- **2008:** 7.4 per cent
- **2007:** 7.7 per cent
- **2006:** 7.5 per cent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Several assaults reported

Cyclist sought by police strikes again

Police say a man who has been touching women inappropriately as he rides by them on a bicycle struck again on Sunday.

The latest incidents were reported at 5:50 a.m. at Dundas and Talbot streets and at 12:19 p.m. at Highbury Avenue North at the Thames River.

Four additional sexual assaults — dating back to Aug. 26 — have been reported at Adelaide Street near Queens Avenue, at Fairview Avenue and Alexandra Street, Frontenac Road near Deveron Crescent and Southeast Optimist Park on Deveron Crescent.

The victims range in age from 13- to 28-years-old. The severity of the incidents is escalating, police said, but no injuries have been reported. The suspect, described as black, between five-foot-six and five-foot-10 with a medium build and in his late teens or early 20s, is targeting women who are walking or jogging, police said.

Anyone with information is asked to contact police at 519-660-5842 or call Crime Stoppers at 800-222-8477.

METRO

Woodstock tobacco farm

Man who died in tractor mishap ID'd

Police have identified a man who died after being found injured underneath a harvesting tractor at a tobacco farm south of Woodstock, Ont.

Police say Manuel Oliveira, of Bayham, was rushed to hospital where he was pronounced dead.

THE CANADIAN PRESS

City communications specialist Shannon Byron with a page from the new city website Monday, ahead of its launch on Tuesday. MIKE DONACHIE/METRO

London's portal into the future

User-friendly. New city website ready for launch

MIKE DONACHIE
mike.donachie@metronews.ca

It's lean, clean and ready to be seen.

London City Council's new website is about to be launched, and city staff promise it will be an easier way to have a conversation with the city.

It will be accessible to the public soon after 1:15 p.m. on Tuesday, after it is revealed by Mayor Joe Fontana and staff at council's corporate services committee meeting.

The big moment follows a $360,000 project to replace the 17-year-old outdated city site, which was so old it hasn't been supported by its manufacturer for a decade.

It's taken a massive amount of work to get this far, according to a report headed to Tuesday's committee meeting. More than 140 staff wrote, edited or organized pages, creating a simpler website with just 2,500 pages, compared to the 5,000 on the old one.

"It's a more visual home page," said city communications director Rob Paynter. "It has some great photography on it.

"The interior of the site is better organized, with the user in mind.

"It's better to navigate and easier to use. It's also an extremely searchable site. You can find what you want very quickly."

There was also a security question with the old site.

Since it was outdated it was potentially open to outside interference, but the new site will be "a stable platform," Paynter said.

It's got a lot of new features

- The new city website promises improved search-engine navigation, making it easier for citizens to find the service they need.
- It will also have a searchable calendar of city meetings and events, by type, date or council ward. It will also link to Tourism London's list of community events.
- Features include London's online answer service "How do I?" The idea is people simply type a question into a box and the site will provide an answer.
- Other improvements include a better city map, ReadAloud software, a place to leave feedback and new contact information for staff.

Hearing. Cop appeals guilty verdict for trying to exchange stolen merchandise

A London police officer, already disciplined internally for trying to exchange stolen merchandise for cash, appealed that judgment Monday at a hearing in Toronto.

Const. Chad Power was at Ontario Civilian Police Commission (OCPC) headquarters to appeal a London Police Service hearing during which he was found guilty of one count of discreditable conduct and one count of neglect of duty.

On Nov. 30, 2012, he was ordered reduced from first- to second-class constable for six months.

He wasn't charged with a December 2010 break-in at the New Balance store on Fanshawe Park Road that saw several articles of merchandise stolen, but was accused of taking at least one of those items back to the store for exchange.

The store manager was wise to what was going on and called police.

A London police constable assigned to that case has already been found guilty of four charges of misconduct, including discreditable service and deceit for his role in trying to spare Power the blame.

Const. Nicholas Phoenix also appealed that London Police Service decision, but lost his case last January.

He was also reduced from first- to second-class constable for a period of six months.

According to documents posted online by the OCPC, Phoenix went to the store and "was handed a piece of paper with specific information about the person — the name, driver's licence number, vehicle licence plate number and telephone number. The name was Chad Power."

The store manager told Phoenix that the person trying to exchange the merchandise stated that it was a gift from his mother and it was the wrong size.

Power admitted to Phoenix that he tried to exchange the items, but said he had purchased them from an ad posted on Kijiji.

"Phoenix believed that there were no investigative indicators to follow in relation to Kijiji, and did not believe that Const. Power was involved in any criminal activity," the hearing report states. "Const. Phoenix therefore left the name Const. Power out of his report and did not pursue any further investigation of the matter."

It's not known when the judgment on Power's appeal will be rendered.

SCOTT TAYLOR/METRO

Replica. St. Thomas, Port Stanley rekindle historic romance of rail

It seems to be a case of love at first sight — even if it was the second time around.

A replica of the quaint St. Thomas/Port Stanley Train Station, officially unveiled with a grand opening last weekend, has been a hit, St. Thomas Mayor Heather Jackson said.

The replica station was built by the St. Thomas-Elgin Home Builders' Association as part of their display at the 2010 International Plowing Match. Now, it's been placed on the north side of Talbot Street and tracks were laid from Central Street to Talbot — making the station a starting and ending point for the historic London & Port Stanley Corridor.

The corridor connects the Elgin County municipalities of Port Stanley and St. Thomas by train.

Much of the money to pay for it all came from a $575,000 donation from the Dorothy Palmer estate.

According to Jackson, it's all about remembering the city's roots.

"The station is home to our tourism operations," she said. "It's a little smaller than the original was, but it's up and open every day."

The station saw plenty of business over the weekend.

"We had an outstanding weekend," Jackson said. "We had sponsors, so people were allowed to ride the train for free. I know at 2 p.m., they were handing (out) tickets for the 5 p.m. trip, so every train that they ran (Sunday) was full, and I know they were busy all weekend.

"It's a great opportunity and something that you don't get to do that often anymore." SCOTT TAYLOR/METRO

Quoted

"It's just about re-inventing our railway history and making it current."

Heather Jackson, St. Thomas mayor

Oneida First Nation

Man charged after ramming cruiser, OPP say

A 42-year-old man is facing charges after police say he rammed a truck into an OPP cruiser during a brief chase at Oneida First Nation.

Officers tried to stop Duane Nicholas at about 7 p.m. Sunday after he drove through an intersection on the First Nation without stopping, according to police reports.

Instead of stopping, Nicholas allegedly led police on a short chase that ended when he hit the cruiser and ran the truck he was driving into a ditch. Nicholas and a passenger were arrested at the scene. No serious injuries were reported and damage to the cruiser was minor, police said. METRO

Voice at city hall

Cycling request stops short

A request for the city to set up a new group of cycling advisers was not accepted Monday at city hall.

But, it wasn't declined, either. Council's civic works committee heard a request for cyclists to have a louder voice, but councillors and staff didn't feel able to make a decision just yet.

Instead of taking action, the request from transportation advisory committee member Mike Marsman was referred to city staff so they could look into its feasibility. METRO

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Get ready to harness the power — the Power of the Purse, that is.

An event focused on just that is coming to the London Convention Centre on Wednesday.

The one-day women's conference, marking its fifth year, focuses on empowering women and recognizing the economic influence they wield through their purses. It also aims to inspire women to become mentors. METRO

Electro-Motive Diesel workers spent more than a month walking a frigid picket line in early 2012 only to be told that U.S. parent company Caterpillar would close the doors for good. METRO FILE

Unifor ready for right-to-work fight

Labour. London's Electro-Motive Diesel workers an example of problems with such legislation, union says

SCOTT TAYLOR
scott.taylor@metronews.ca

They may just be kicking the tires at the moment, but the Ontario Progressive Conservatives are taking a hard look at introducing right-to-work legislation if they take power in the next election.

Quoted

"For business, it would mean a portable labour force."

Bob Orr, assistant to the national president of Unifor, on possible impact of right-to-work

Right-to-work laws allow workers in unionized environments the opportunity to opt out of joining a union and paying dues.

The city is well aware of the implications of this sort of thing

U.S. giant Caterpillar shuttered venerable Electro-Motive Diesel in February 2012 to move operations to Muncie, Ind., a right-to-work state where wages were roughly half what they were here.

Enacting such legislation in Ontario would be a grand mistake, said Bob Orr, assistant to the national president of Unifor.

"For business, it would mean a portable labour force," he said. "One of the things in a lot of the right-to-work states is that people who get hired at the lower wages with little or no benefits don't tend to hang around long."

Orr pointed to Muncie as an example, saying the plant there has been experiencing issues of retaining employees, though replacements aren't hard to find due to a tougher economy.

"It's easy to take advantage of someone there. It's just awful, the wages they're paying," he said.

Unifor has been deploying resources to fight right-to-work legislation for months in anticipation of a possible Tory win.

Union leaders to blame for right-to-work debate: Expert

London-based labour-relations expert Alex Mercer, owner of Labserv Consulting, doesn't think right-to-work would increase local business in any noticeable way.

On the other hand, he said union executives have only themselves to blame for it even to be considered.

"I think that if employees were given the choice to opt out of paying union dues, I think a lot of them would do that," Mercer said. "My experience tells me not a lot of unionized employees support or are on side with their union."

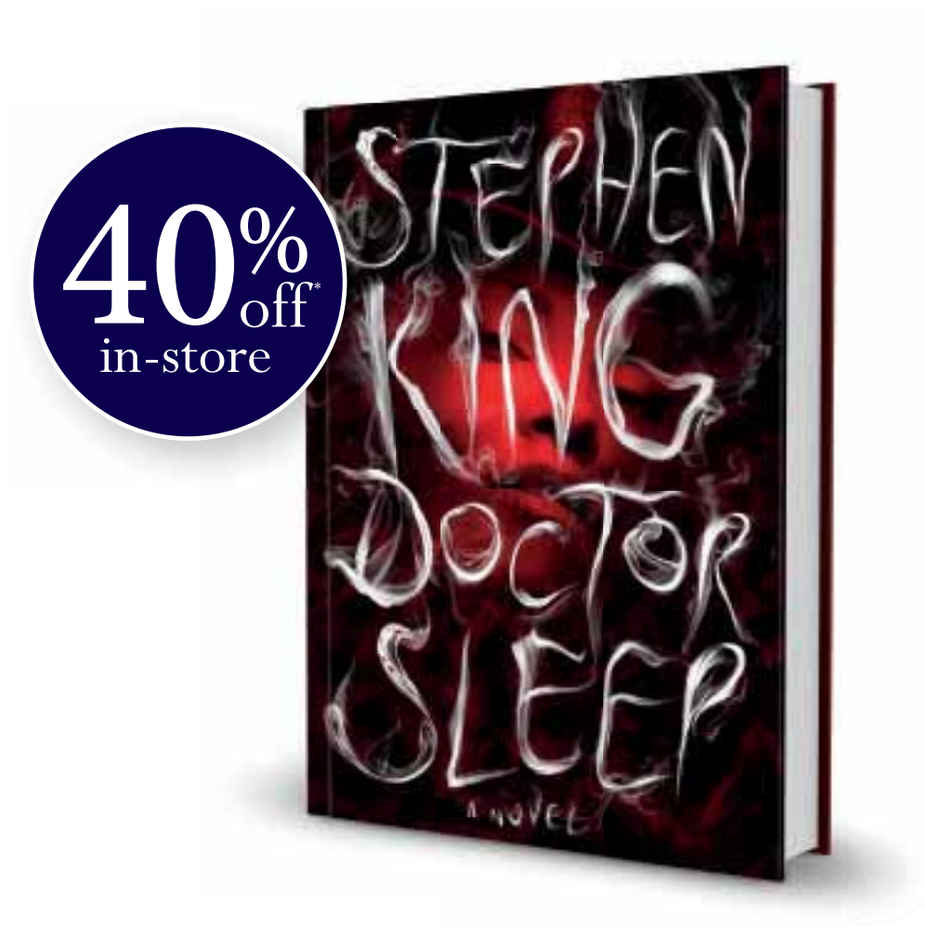
His take is that unions are failing their members because they're stuck in a time warp of days gone by.

"What they need to do is pull themselves into the 21st century, to be more acceptable in society," he said. "Most of the people I deal with would like to not pay union dues because they're not getting the type of representation for the money.

"I'm convinced the younger worker would like to have nothing to do with the union." SCOTT TAYLOR/METRO

The Shining never ended.

Danny Torrance grew up. So did his demons.



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Canada keeping a close eye on Kenya after 'cowardly' attack

Local connection? Amid reports a Canadian was among the attackers, PM Harper denies homegrown terrorism is a 'mass phenomenon'

Canada will continue to work with its international partners to confront terrorism, and will focus on the group responsible for the "cowardly" attack on a shopping mall in Kenya, Prime Minister Stephen Harper said Monday.

Two Canadians are among the 62 confirmed fatalities in the Nairobi raid and hostage-taking by the Somalia-based, al-Qaida-linked group al-Shabab. More than 175 people were injured in the assault that began Saturday and remained unresolved Monday afternoon.

An early, unconfirmed report claimed a Canadian was among the "mujahedeen" who staged the attack.

The prime minister, at a press conference with his visiting Italian counterpart Enrico Letta, refused to comment directly on the report, and dismissed the suggestion that Canada may be vulnerable to homegrown terrorism.

"I'm not worried about such a thing as a mass phenomenon," Harper said, "but obviously there are always cases that we follow very closely and work with our international partners on. We have had, as you know, a series of legislation on anti-terrorism to give our police and security forces various tools to deal with the phenomenon."

Officials have confirmed that diplomat Annemarie Desloges was one of two Canadians killed when gunmen opened fire with AK-47s and threw grenades at Nairobi's upscale Westgate mall, a venue frequented by expatriates and wealthy locals. Media reports identified Vancouver businessman Naguib Damji as the other Canadian victim.

Harper said Canada and its allies abroad are monitoring the situation, and he once again extended his condolences to the families, friends and colleagues of the victims.

THE CANADIAN PRESS

Security personnel keep watch as Prime Minister Enrico Letta of Italy arrives at Parliament Hill in Ottawa Monday, while in the background, a flag flies at half-staff in honour of Canadian Foreign Service officer Annemarie Desloges, who was killed in Kenya's deadly mall attack. FRED CHARTRAND/THE CANADIAN PRESS

One in critical condition

Canadian teens among injured: Aunt

A Minnesota woman says her two nieces — both Canadian citizens — were seriously injured in the terrorist attack on a Kenyan shopping mall.

Hodan Hassan says her nieces — Fardosa Abdi, 17, and Dheman Abdi, 16 — were shopping when the siege started.

She says Fardosa is in critical condition after undergoing two surgeries for severe leg injuries, while Dheman had a bullet break her leg and an explosion injure her arm.

THE CANADIAN PRESS

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Former Supreme Court judge to back Quebec values charter

In defence of equality. Claire L'Heureux-Dubé says the face of females in Muslim world is increasingly uncovered

A former Supreme Court of Canada judge who claims she sees more veiled women in Quebec than in her travels to Muslim countries such as Pakistan and Morocco is expected to line up behind the Parti Québécois' charter of values and lend her legal credibility to the proposed ban on religious clothing in the public service.

The province's minority government argues that its initiative will bring to heel a growing wave of unreasonable faith-based exceptions from societal and workplace rules, guarantee equality of the sexes in the province and reinforce the religious neutrality of the state.

The many critics in the political, legal and academic arenas warn the proposal would violate religious freedoms already enshrined in Canadian and Quebec charter rights and inevitably be ruled unconstitutional.

But Claire L'Heureux-Dubé, who sat on the country's top court from 1987 until 2002, argued in a lengthy May 2013 radio interview that some rights are more fundamental than others and that, in Canada, the right to equality trumps religion.

"My vision is that there are fundamental rights. The right to live is fundamental. There is no accommodation.... Equality is the same thing," she told Radio-Canada host Michel Lacombe.

"There are also civil liberties that are extremely important, but they're not on the same level. Freedom of expression and freedom of religion are another thing. They are civil liberties that can be reduced by what is reasonable in a free and democratic society."

L'Heureux-Dubé said that in travels abroad for legal conferences, she has noticed that the face of females in the Muslim world is increasingly one that is uncovered.

Retired Supreme Court Justice Claire L'Heureux-Dubé THE CANADIAN PRESS

"There are more uncovered faces in Pakistan and Morocco and all those places than there are here."

L'Heureux-Dubé did not respond to an interview request Monday but she is confirmed as a member of Rassemblement pour la laïcité (Rally for Secularism), which will present itself Tuesday morning as a diverse group of union leaders, academics, politicians and activists in support of a strictly secular Quebec. TORSTAR NEWS SERVICE

Supporters march in Montreal on Sunday during a demonstration in favour of the Quebec values charter, which would ban the wearing of religious symbols and clothing from any public institutions. GRAHAM HUGHES/THE CANADIAN PRESS

11 suspects charged in alleged Saskatchewan hazing

Sgt. Craig Cleary told media on Monday that the probe into the alleged hazing ritual has been hampered by poor co-operation. MARCO VIGLIOTTI/METRO IN REGINA

RCMP have charged 11 people in connection to an alleged hazing at a rural Saskatchewan party that left high school students injured.

Police issued a total of 34 charges in the incident near the town of Lanigan, including assault with a weapon and assault causing bodily harm on victims in grades 9 and 10.

The initiation ritual allegedly included what Mounties describe as "paddling" victims with a "modified" goalie hockey stick and pouring chocolate syrup, flour and eggs onto them.

A number of the victims — all of them boys — were bruised, while one suffered muscle damage to his leg and buttocks.

"There are five victims known to us. We do believe there are more," RCMP spokesman Sgt. Craig Cleary said on Monday.

The incidents allegedly occurred at what RCMP called a "freshie party" on Sept. 6 in a field about four kilometres southeast of Lanigan, east of Saskatoon.

All of the teenaged suspects are also male. More charges could be laid if additional victims come forward, Cleary said.

The names of nine youth suspects can't be released publicly. However, two Lanigan men are among the people charged. Brayden Braun, 18, is charged with assault with a weapon, and Kyle Ekstrom, 18, is charged with assault causing bodily harm and three counts of assault with a weapon.

The investigation has been hampered, Cleary said, by weak co-operation from those involved.

"The co-operation from the families of potential victims isn't quite the same as from the ones that have stepped forward," he said.

MARCO VIGLIOTTI/METRO IN REGINA

Anti-bullying plan

Greg Miller, assistant deputy minister of the Saskatchewan Ministry of Education, said concerns about hazing were identified during consultations with the public this past summer as part of an anti-bullying plan, which should be completed this fall.

Edson, Alta.

Is this just fantasy? Arrested Queen fan going into politics

An Alberta man who became a YouTube sensation for enthusiastically singing the song Bohemian Rhapsody from the back seat of a police car is going into politics.

Robert Wilkinson is running for mayor of Edson, a town west of Edmonton.

The town says Wilkinson submitted the necessary five signatures from residents along with his nomination papers to register as a candidate.

Wilkinson was convicted of impaired driving last November, fined $1,400 and prohibited from driving for one year.

The RCMP video amassed more than 10 million hits.

THE CANADIAN PRESS

Richmond, B.C.

Young men need to keep privates private: RCMP

Richmond RCMP are warning young men in the Vancouver suburb to make better choices about the private details — or parts — they reveal online.

Mounties say they have investigated four incidents of attempted extortion over the last month involving men who thought they were having a private Internet chat with an unknown woman in an unknown country. In each case, the chat led to the man exposing himself.

That's when the chat became anything but friendly as police say the victims were told to send money to avoid having the videos sent to their friends and family.

THE CANADIAN PRESS

Vancouver

Business owner charged in alleged peeping case

A warrant is out for the arrest of a restaurant co-owner who authorities allege observed or recorded people "in a place in which they could reasonably be expected to be nude."

Two former employees of the restaurant say they were told by a co-owner not charged in the matter that he discovered a USB-key-sized camera on Dec. 18, 2012, while cleaning around the toilet in the co-ed washroom used by patrons and staff of the now-closed upscale establishment.

The Crown alleges Allan Bosomworth observed or recorded people, according to the indictment and arrest warrant. THE CANADIAN PRESS

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Just like the boomers, VW's hippie bus is retiring

It carried hippies through the 1960s, hauled surfers in search of killer waves during endless summers and serves as a workhorse across the developing world, but the long, strange trip of the Volkswagen van is ending. Brazil is the last place in the world still producing the iconic vehicle, or "bus" as it's known by aficionados, but VW says production will end Dec. 31. Safety regulations mandate that every vehicle in Brazil must have air bags and anti-lock braking systems starting in 2014, and the company says it cannot change production to meet the law. Although output will halt in Brazil, there should be plenty of VW vans rolling along for decades, if only because there are so many, and they are so durable. VW produced more than 10 million Volkswagen Transporter vans globally since the model was introduced 63 years ago in Germany, though not all resemble the classic hippie machine. THE ASSOCIATED PRESS FILE

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NationalTreeDay.ca

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September 25th, 2013

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Friends of the London Civic Garden Complex
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'Bargain hunter' billionaire behind BlackBerry bid

From CrackBerry to discount bin. Prem Watsa is backing the $4.7B deal that could breathe life into moribund company

Fairfax Financial Holdings offered Monday to buy BlackBerry in a deal that values the company at about $4.7 billion US. THE ASSOCIATED PRESS FILE

Less than seven weeks after stepping down from the board at BlackBerry, billionaire investor Prem Watsa emerged Monday as the face behind a $4.7-billion US deal to save the Canadian tech giant.

Often referred to the Warren Buffett of Canada for his investment choices, Watsa is now in the spotlight for helping broker the potential sale of the struggling smartphone maker.

"He's obviously a value investor. He's a bargain hunter but not in the classic short-term sense," said Eric Kirzner, a professor of finance at the Rotman School of Management at the University of Toronto.

"Like Buffett, he likes to acquire great companies at bargain prices and hold them for a long time and sometimes gets actively involved."

Watsa, who heads insurance firm FairFax Financial, is leading a consortium that will acquire all the outstanding shares of the Waterloo, Ont.-based BlackBerry for $9 US per share. Toronto-based FairFax is already the struggling smartphone maker's largest shareholder, owning about 10 per cent of the stock.

Watsa joined the board at BlackBerry in January 2012 following a shakeup at the executive level with the departures of BlackBerry co-CEOs Jim Balsillie and Mike Lazaridis and their replacement in the top job by current CEO Thorsten Heins.

At the time, the FairFax chairman and chief executive said that a turnaround for the maker of smartphones that were once so popular they were known as CrackBerrys would take upwards of three to five years.

Kirzner said the timing of this deal is questionable, considering that it's been less than two years since Heins took over.

Since then, the company has slashed staff, with some 4,500 employees — 40 per cent of the remaining workforce — being let go in the latest job cuts announced last Friday.

In the same announcement, BlackBerry said it would face a writedown of nearly $1 billion when it reports its latest quarterly earnings this Friday.

The news sent the stock plummeting, down 16 per cent to close at $9.08 Friday on the Toronto Stock Exchange. It was unchanged Monday.

"This is interesting but hardly definitive at this stage," said Kirzner, the John H. Watson chair in value investing at Rotman. THE CANADIAN PRESS

Buy low, sell high?

"Like Buffett, he likes to acquire great companies at bargain prices and hold them for a long time."

Eric Kirzner, a professor at the Rotman School of Management at the University of Toronto, on Prem Watsa's investment style. Watsa is pictured at right.

Peaks and valleys

$149.90
Highest stock price, on June 19, 2008

$6.10
Lowest stock price, on Sept. 24, 2012

$9
Stock price of FairFax offer per share on Monday

80M
Highest number of subscribers

72M
Current number of subscribers

20,000
All-time high number of employees

8,200
Number of current employees (after Sept. 20 layoff announcement)

Market Minute

DOLLAR 97.23¢ US (+0.13¢)

TSX 12,811.20 (+4.73)

OIL $103.59 US (-$1.16)

GOLD $1,327 US (-$5.50)

Natural gas: $3.60 US (-0.9¢)
Dow Jones: 15,401.38 (-49.71)

TOUGH TO KEEP UP IN TECH AGE

SHE SAYS

Jessica Napier
metronews.ca

Five hours. That's the approximate amount of time I lost this weekend thanks to Apple's iOS7 update. I spent about 45 minutes downloading the new software on my iPhone and an entire afternoon trying to figure out how to use it.

Apple's website bills the new mobile operating system as a "lively and intuitive interface" with more than 200 new features to make your mobile life easier and more enjoyable. But unless you're an Apple employee or an iPhone fanboy, it will take you some time to familiarize yourself with the new interface. And for every additional candle on your birthday cake, the learning curve is exponentially steeper.

Like all new forms of technological progress, iOS7 offers plenty of new features that you never actually wanted but soon enough you'll wonder how you ever lived without them. I updated my phone less than 48 hours ago and yet I can't imagine going back to a time before I had the option to customize my vibration alerts and select from a variety of live photo filters before snapping a selfie.

A host of updated apps and tools have now been unleashed into the world in an effort to make our lives more streamlined. Thanks to the many built-in apps, my device has become a calculator, a camera, a level, a flashlight, a compass, a stopwatch and, yes, occasionally I might even use it as a phone.

While digital advancements might be rendering certain physical objects obsolete (provided your battery life holds out), outdated technology has a way of lingering around in a referential sort of way.

I've always thought it was funny that many smartphone icons have been designed to resemble their ancestral counterparts. Years after it became obsolete, the floppy disk continues to be memorialized as the "save" button on all Microsoft products. Similarly, email icons appear as a hand-delivered envelope, the ubiquitous green call button mimics an old telephone handset, and the draining battery symbol resembles a classic AA.

Future generations might never even realize that these icons actually represent outdated tangible items. They will never know what it is like to live in a wired world of landlines and dial-up Internet. In their reality, swipes and taps will have replaced mouse clicks; every smartphone will have a built-in retina scanner (fingerprints are so 2013); and hipsters will show off their ironic collections of keyboards and other desktop computer relics.

For now, I'm still trying to navigate the technicolour dream world that is iOS7.

Sure, the vibrant interface is a bit too cheerful and the 3D parallax wallpaper is giving me motion sickness, but all early adopters know that it always takes a while to acclimatize to a new land.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Making a beeline for the honey

H & H-J KOCH/SOLENT NEWS

Bees link bodies to repair comb

In a remarkable shot of teamwork in the natural world, a colony of honey bees link their legs together so they can repair the gaping hole in their honeycomb. Heidi and Hans-Jürgen Koch captured the insects' extraordinary effort at an apiary in the University of Würzburg in Bavaria, southern Germany.
METRO

Q and A

Bee chains – a 'mystery'

HEIDI AND HANS-JÜRGEN KOCH
Photographers, both 56, from Goosefeld, Germany

What exactly are the bees trying to do?
They are making chains with their bodies so they can repair a honeycomb. But for scientists, it's still a mystery why they actually do this — it's a gaping hole within research. For about two hours they were forging a line in a vain attempt to fill the hole.

When the wind would blow, the bees would scatter. But as soon as it died down, in a flurry the bees would return to build.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

GETTY IMAGES

Love it or hate it, iOS7 is here to stay. While many are still waiting for the kinks to be worked out of Apple's latest iPhone and iPad operating system, the brave who have taken the plunge offer a glance at what to expect with the new upgrade — so you know just what you've been holding out for.

Blocking:
Finally, Apple gets it. You don't want to hear from your ex-lover, former boss or a telemarketer ever again. Now you don't have to with the blocking function.

Photo filters:
If you've started to get a tad paranoid about putting all your selfies on Instagram, the new iOS has a built-in photo filter feature. Goodbye #Instagram.

Time stamps:
Find out exactly when individual messages were sent with the new time stamp feature. No more guessing.

Wish list:
Want an app but don't want to shell out for it just yet? Add it to the new iOS7 wish list.

Letters

RE: Coca-Cola Apologizes For 'You Retard' Bottle Cap, published Sept. 19

I would like to express my gratitude to all those involved in producing the article and bringing the widespread issue of social inequality to the attention of the public.

An incident that could have easily been passed by was brought to the attention of all the readers of your newspaper and will now be in the back of their minds as they go through their days, weeks, and lives.

Coca-Cola, a world renowned supporter of all types of people in all walks of life, has made a mistake that should cause a serious problem for the company. The fact that this was done as part of a promotion that takes our two official languages and puts them together is appalling.

The link between the two languages should be a cause for celebration, appreciation, acceptance and a sign that our country is moving forward towards a place where everyone is accepted regardless of their language, race, sexual orientation, beliefs and abilities.
Lindsay Qualtrough
Scarborough, Ont.

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Send us your comments: londonletters@metronews.ca

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SCENE 2

Don Jon, Joseph Gordon Levitt's directorial debut, couples a novel pun with a novel complication. The star plays a modern reinvention of the legendary lothario, a New Jersey gym rat with a porn addiction that may hamper his blossoming relationship with his breathtaking co-star Scarlett Johansson. Rom-coms that defy fluffy conventions are rare beasts. We line up the best of this sparsely populated sub-genre.

MIKE DOJC

5 Out of the box rom-coms

Shallow Hall

(Jack Black, Gwyneth Paltrow) — Hal is a superficial to the nth degree kind of guy. Hypnotized by Tony Robbins to see only inner beauty, he falls head over heels for a 300 pound woman. The story arc may ride the traditional rom-com waves of emotion, but it does so while simultaneously skewering the genre thanks to the Farrelly brothers' bold and brave brand of funny business.

Safety Not Guaranteed

(Aubrey Plaza, Mark Duplass) — A cynical journalist with a couple apathetic interns investigates a kooky classified ad placed by an alleged time traveller who is seeking a sidekick for a mission into the past. This smart and imaginative film manages to imbue weighty relationship issues with an endearing warmth while weaving in serious doses of chuckles.

Silver Linings Playbook

(Bradley Cooper, Jennifer Lawrence) — The Hangover trilogy's breakout star shed his frat house rep with an Oscar nom worthy turn as a bipolar man released into his parents' care after an eight month stint in a mental-health facility. A gritty rom-com that eschews the hollow hallmarks of the genre by uniting a pair of truly damaged characters, Playbook focuses on serious relationship building rather than relying on cute contrivances.

Punch Drunk Love

(Adam Sandler, Emily Watson) — The Sandman is still very recognizable as an insecure, tormented sad-sack prone to bouts of rage. Only this time he's not a caricature and the overarching themes of loneliness and cathartic self-acceptance ring truer as a result. But throw in an extortionist sex phone line operator and a scheme to stockpile pudding to collect frequent flyer miles and you won't be needing a tissue box.

Lars and the Real Girl

(Ryan Gosling, Kelli Garner) — At the behest of a shrink, in order to get to the root of a deep-seeded psychological delusion, Lars' family and friends play along with his belief that a life-sized doll is a real woman that he's in a committed relationship with. Instead of being tempted by cheap gags, the movie doubles down on tenderness as town folk play along in an effort to free him of his social anxiety.

DVD review

World War Z

Director. Marc Forster

Stars. Brad Pitt, Mireille Enos, Daniella Kertesz

●●●○○

The undeniably magnetic Brad Pitt sprints over plot holes in this global zombie horror that would sink a lesser actor.

His combination of macho heroics and regular-guy empathy raises pulses and inspires rooting interest in a story that is otherwise filled with howlers, and not just the undead kind.

Pitt's resourceful Gerry Lane somehow manages to find clear highways when all others are clogged with fleeing humans. He travels to zombie zones to acquire info that a telephone call or email could have supplied. He makes deductions that would leave Sherlock Holmes scratching his head.

But he keeps moving — his battle-tested motto is "movement is life" — and he carries us with him. The zombies seem to abide by the same dictum, since they sprint, climb and leap like undead Olympic athletes, especially in one amazing scene where they breach Israel's border wall.

Director Marc Forster's adaptation of the 2006 best-seller by Max Brooks retains the global zombie pandemic angle but dispenses with the past-tense multiple voices of the source novel. The reductionism is understandable, though, because you'd need a TV miniseries to get everything in.

Extras are Blu-ray only. They include the unrated version of the film and multiple making-of featurettes.

PETER HOWELL

Brad Pitt's World War Z would fell a lesser actor. CONTRIBUTED

METRO DISH

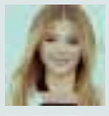
OUR TAKE ON THE WORLD OF CELEBRITIES

Michael Douglas

Michael thanks his wife despite turbulent times

While Michael Douglas was collecting an Emmy for his work in Behind the Candelabra, his estranged wife, Catherine Zeta-Jones, made her first public appearance since they announced their separation, walking the red carpet in Qingdao, China to celebrate the announcement of a new $5 billion film studio to be built there, according to TMZ. Douglas was gracious enough to mention her in his acceptance speech, though, saying, "I want to thank my wife, Catherine, for her support" while still sporting his wedding ring.

Twitter


@ChloeGMoretz
Hey guys gimme some suggestions on one of the darkest songs you know, really good dark song

@josswhedon
They call me "The Looove Doctor" because I can cure it.

@MARLONLWAYANS
My stomach hates me for the pizza I ate today

The Word

Biggest blunder or best-ever Emmy speech?

MELINDA TAUB
Metro World News

Merritt Wever won best supporting actress in a comedy Sunday night at the Emmys, and her acceptance speech was one for the books.

"Thank you so much," she said. "Um, I gotta go." And then she went, as though the Emmy audience were a bad blind date and she was slipping out of a coffee shop.

What would lead an actress to shrug off her moment of glory without thanking everyone they'd ever met?

Sounds like the Nurse Jackie star just had a good old-fashioned freak-out. "It's hard to do those," she said backstage after the show, according to Variety. "I don't know how to feel yet. ... I have therapy next week."

So reporters should probably wait outside her therapist's office if they want to finally hear her thank her publicist.

Or we could all just agree her speech was awesome?

Laura Prepon

Prepon knew her pals were meant to be

Mila Kunis and Ashton Kutcher's former That '70s Show co-star Laura Prepon "wasn't surprised" when Kunis and Kutcher began dating last year, telling Us Weekly that it's "incredible" to see them together. In fact, she confirms that way back when they made their sitcom, Kutcher was actually Kunis' first kiss — on-screen or off. "He was, he was," she says. Prepon also believes that, should what appeared to be an engagement ring on Kunis' finger this month lead to a wedding, she'll get an invitation. "Obviously if people wanted us there — which she would because we're all family — then of course I would be there," she says. "We support each other no matter what."

Miley Cyrus. ALL PHOTOS GETTY IMAGES

Bling it back: He put a ring on it, and it may not be returning

The engagement may be off, but Miley Cyrus is apparently keeping the ring. Cyrus is said to still be hanging onto the hand-cut 19th century ring — estimated to be worth about $100,000 — that Liam Hemsworth gave her, according to E! News. "The ring has not been returned to the jeweler, Neil Lane," a source says. "Generally, the protocol is for the bride to keep the ring. It's up to her whether or not she wants to return it or keep it as a memento."

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Popped a molly, now I'm sweating and now I'm dead

Drugs. Pop culture have people thinking molly is a safe drug but the reality couldn't be farther from the truth

MEREDITH ENGEL
Metro World News

Taking a molly has some severe risks. ISTOCK PHOTOS

Ecstasy has long been a popular club drug, but its molecular form — dubbed "molly" — is going through a surge in popularity these days.

Miley Cyrus sings about dancing with molly in her song We Can't Stop, and a series of deaths from the drug in the past two weeks is being linked to a possible bad batch sweeping the U.S. East Coast.

Young people love it because they seem to think it's a purer (and therefore safer) form of ecstasy, says Dr. Travis Stork, an emergency physician and host of TV's The Doctors, which just premiered its sixth season. But that "could not be further from the truth," he says.

"The young adult culture that's embracing (this) has this false sense of security that it's safe," says Stork. "Especially when it's in a powder form. The truth is you have no idea what's really in it."

As a stimulant, molly revs up bodily functions — everything from metabolism to heart rate to blood pressure to brain function.

Even though it's in the same drug category as caffeine, taking molly is not like just drinking a giant mug of coffee.

Molly also has a psychedelic element to it, one that can cause hallucinations and feelings of euphoria and invincibility.

The consequences of that high include a spike in heart rate and blood pressure, hyperthermia (when the body overheats), hyponatremia (a major sodium imbalance in the body) and seizures, all of which can be fatal.

Stork urges parents to speak to their children about the drug before their peers start the conversation.

"There's so much misinformation out there amongst kids, and obviously we know that kids are willing to say or believe anything," he says. "My advice is have an honest conversation about drugs with your kids before their friends do in a respectful, trusting way, because once that conversation's been had, if it's been had by someone else, it could be too late."

Miley Cyrus' recent song has helped to popularize the use of the drug. CONTRIBUTED

There's no "right" age to start that dialogue, he adds — it's about knowing your child, being involved in his or her life and keeping your ears open.

"If you're worried about someone else having the conversation with your child, that's the time to have the conversation," he says. "As a parent, it can be uncomfortable to bring these things up — just like the conversations about sex can be difficult to bring up — but they can also be incredibly, incredibly meaningful."

Best Health

Stretch out your stress with yoga

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

How does yoga help to soothe stress? Let us count the ways. Best Health asked for insights from David Good, a yoga instructor at studios including Breathe Yoga Studio in Toronto. He is also a Lululemon Ambassador.

"I believe in opening the mind and heart to a new way of thinking about your body and potential," he says, adding yoga can help you feel less stressed in these three ways.

It provides muscle relief
From shoulders to neck, hips and lower back, yoga releases tension due to stress in these major store houses by lengthening the muscles and creating gaps between joints and bones.

It promotes healthy organs
Yoga stimulates the parasympathetic nervous system, Good says. "Whereas the sympathetic nervous system is your 'flight or fight' trigger, the parasympathetic nervous system helps you relax by lowering your blood pressure, strengthening your digestion and boosting your immune system."

It gets you fit inside and out
A healthy workout is good for the body and soul. Yoga helps you to become leaner, build muscle and de-clutter your conscience.

It leads to clarity and focus
"Yoga teaches you the art of concentration, which helps you to establish a real sense of self," Good says.

It builds emotional strength
Meditation through yoga forces you to take a pause and to reflect, which over time enables you to better handle stress and face issues with a stronger, more positive and confident approach.

FOR MORE FITNESS, FOOD AND BEAUTY FROM BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA, OR CHECK OUT OUR IPAD APP.

Let yoga melt away your stress. ISTOCK PHOTO

Country twist on comfort food

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This is a wonderful comfort stew as the weather gets cooler. Leg of lamb is a great cut of meat for this stew but feel free to substitute top sirloin beef. If you use stewing beef you will have to simmer the stew longer until the meat is tender.

1. In nonstick saucepan, heat 2 tsp of oil over medium-high heat. Dust the lamb cubes in the flour and add to the saucepan. Cook for 5 minutes or until well-browned on all sides. Remove lamb from saucepan.

2. Blanch the pearl onions in a pot of boiling water for 1 minute; refresh in cold water and drain. Peel and set aside.

3. In same saucepan, heat remaining 1 tsp oil over medium heat; add garlic, mushrooms, leeks, carrots, bell peppers, zucchini and pearl onions. Cook 10 minutes or until softened, stirring occasionally. Stir in tomato paste and wine. Return lamb to saucepan along with tomatoes, stock, rosemary, bay leaf and salt and pepper. Bring to a boil, cover, reduce heat to medium-low, and simmer for 25 minutes or until carrots and meat are tender.

4. Meanwhile, put potatoes in saucepan with water to cover; bring to a boil and cook 15 minutes or until tender when pierced with knife. In nonstick skillet, melt margarine over medium heat; add garlic and onions and cook 4 minutes or until softened. Drain cooked potatoes and mash with chicken stock and sour cream. Stir in onion mix and salt and pepper. Place potato mix on large serving platter and pour stew over top. ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE) BY ROSE REISMAN

Lamb Vegetable Stew with Garlic Mashed Potatoes

This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE)

Ingredients

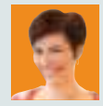
- 3 tsp vegetable oil
- 12 oz leg of lamb, visible fat removed, cut into 1-inch cubes
- 3 tbsp flour
- 1 cup pearl onions
- 2 tsp minced garlic
- 1 1/2 cups sliced mushrooms
- 1 1/2 cups chopped leeks
- 1 cup sliced carrots
- 1 cup chopped bell peppers
- 3/4 cup sliced zucchini
- 1/4 cup tomato paste
- 1/3 cup red or white wine
- 2 cups chopped tomatoes
- 2 cups beef or chicken stock
- 2 tsp dried rosemary
- 1 bay leaf
- Salt and pepper to taste

Mashed Potatoes

- 1 1/2 lb potatoes, peeled and quartered
- 1 tbsp margarine or butter
- 1 tbsp minced garlic
- 1 cup chopped onion
- 1/2 cup chicken stock
- 1/3 cup light sour cream
- Dash of salt
- 1/4 tsp ground black pepper

Health Solutions

Honey, honey



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

You know honey is good for you but you don't know why or what to look for, right?

Hugh Simpson is an artisanal beekeeper in Collingwood, Ont. (ospreybluffshoney.ca) and he busts some honey myths.

Myth: When honey crystallizes it spoils

• Honey never spoils. Crystals are caused by sugars combining and forming together. It is actually good because it tells you your honey has never been heated. Just immerse the jar in boiled water and let sit to reverse the "problem."

Myth: Pasteurizing makes honey healthier

• It does the opposite in that it adds heat, which kills the enzymes that provide a health benefit. The true honey lover wants the crystals, which indicate a less processed product.

Myth: Squeeze bottles are best

• While it may feel easier to squeeze a dollop, you really want to purchase your honey in glass jars. If only so you can uncrystallize easily without risking plastic leaching.

Myth: Honey colour means nothing

• The colour of honey is a function of nectar source. The darker the colour, the more intense the taste. Light honey comes from canola or basswood. Orange honey's bees are fed on dandelions. Multifloral honey is mid-season and mid-colour. Late season is richer because of wild flowers like goldenrod.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Spike Dutch Baby with sausage and apples

A basic Dutch baby is a common baked pancake. This recipe alters it with crumbled breakfast sausage and chopped apples, a delicious and filling combination that blends savoury and sweet flavours.

1. Heat the oven to 400 F.

2. In a blender, combine the eggs, flour, milk, yogurt, vanilla, cinnamon and salt. Blend until very smooth, then set aside. Alternatively, the batter can be made in a bowl using a whisk.

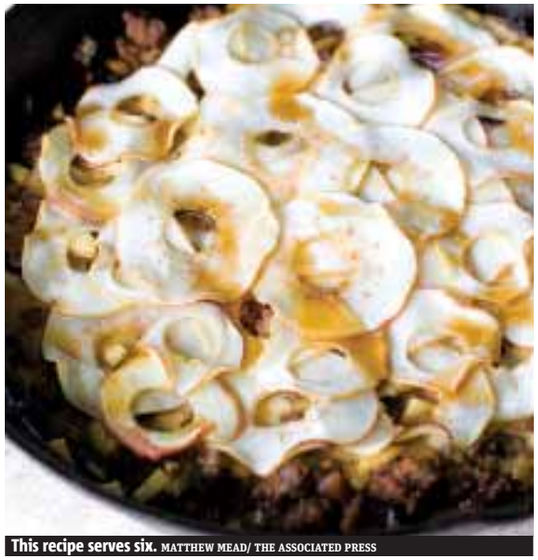
3. Coat a large cast-iron or oven-safe non-stick skillet with cooking spray, then heat it over medium-high. Add the sausage and cook, breaking up the meat, until just starting to brown, about 10 minutes.

4. Meanwhile, peel and core 2 of the apples, then cut them into 1/2-inch chunks. Add the cut apples and onion to the skillet, then sauté until they are just tender, about 6 to 8 minutes. Spread the sausage-apple mixture evenly over the bottom of the skillet and remove the pan from the heat.

5. Core the remaining apple, then cut it crosswise into very thin slices. A mandoline is best for this, but a food processor or careful knife work is fine, too.

6. Pour batter evenly over the sausage-apple mix. Tilt pan as needed to ensure it spreads evenly. Arrange the apple slices over the top of the batter; it's fine if they overlap. Sprinkle the apples with the sugar, then bake for 20 minutes.

7. To serve, slice into wedges and drizzle with maple syrup. THE ASSOCIATED PRESS



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 3 eggs
- 1/2 cup all-purpose flour
- 1/2 cup milk
- 1/4 cup plain Greek yogurt
- 1 tsp vanilla extract
- 1/2 tsp cinnamon
- Pinch salt
- 1 lb loose breakfast-style pork sausage meat
- 3 medium apples, divided
- 1 small yellow onion, diced
- 1 tbsp sugar
- Maple syrup, to serve

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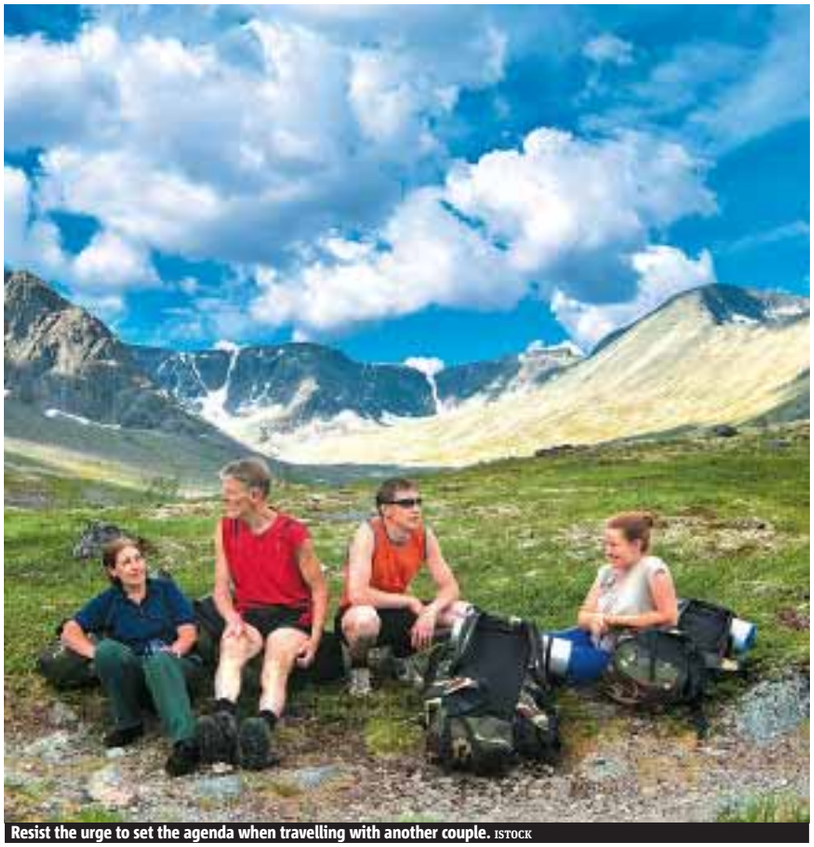


Resist the urge to set the agenda when travelling with another couple. ISTOCK

When four becomes one: How to travel with another couple

The more the hairier? Travelling as a couple can be tough but a foursome is tougher; here are some tips to make it easier

MIKE DOJC
life@metronews.ca

Maybe you've mastered the art of travelling as a couple. But the same rules don't apply when travelling in a foursome. Back in the '90s, the Spice Girls wrote the rules of engagement for when 2 Become 1, but what about when four become one? The more the merrier could be amended to the more the hairier. Here's how to double up without doubling the drama.

Itinerary integration
The key to a stress-free co-coupling vacay is to assure that nothing is compulsory. Once you make the decision to hit a destination in tandem, there's an expectation that group outings will be de rigueur. Proclamations like, "We're in Paris; we simply must spend at least one day touring the Louvre and soaking up the art" can be fighting words. Resist the urge to set the agenda. Instead, seek common ground on your sightseeing wish list and split up the rest of the way.

Dining deliberation
Deciding where to eat at home can grease the flames of debate. Add another set of palates and a limited time frame to sample the local cuisine and suddenly there's a ravenous debate raging on the trustworthiness of UrbanSpoon ratings versus Zagat restaurant reviews. Avoid a fork fight over who has got the most inspired sea bass in town and achieve dining détente by allowing a third party, perhaps the concierge, to reserve a table for four.

Requisite relaxation
Much vacation time is spent lazing by the pool, sipping pina coladas and just generally doing nada. The art of sloth increases in complexity when more people are invited into the mix. Staking out one umbrella isn't too difficult, but hunting for a spot to accommodate four can be tricky — especially if you are holidaying during the busy season. Don't settle for subpar real estate. Decouple and reunite later once you've all had some sun.

Get your cash in a flash with direct deposits

Practical switch. Registering for direct deposits, whatever your payment type, will save government money and you time

Whether you're a parent waiting for your Child Tax Benefit, a senior or snowbird waiting for your Canada Pension Plan payment direct deposit puts money in your bank account faster, more securely and reliably than waiting for snail mail.

All Canadians, with a few exceptions, are eligible to receive their federal government cheques by direct deposit. Every year, the federal government makes millions payments to Canadians, 80 per cent of which are done electronically through direct deposit. The federal government is hoping to soon convert the remaining 20 per cent to electronic. How can they do that? With your help.

By enrolling in direct deposit, which you can do at your bank or financial institution, by calling 1-800-O-Canada, or online at directdeposit.gc.ca, you are giving the federal government permission to pay you electronically.

The benefits are many: you get your money faster, more securely, you never have to wait in the event of a postal strike and you'll be helping the federal government save almost $17.4 million a year in printing and mailing costs.

Here's a list of payments you can sign up for:
- Old Age Security
- Canada Pension Plan
- Child Tax Benefit
- Universal Child Care Benefit
- GST / HST / Income Tax
- Veterans pension and benefits

NEWS CANADA

Remove your head from the post and register for direct deposits. NEWS CANADA

NBL Canada

Lightning add duo ahead of season

The London Lightning have signed two new players, including former Windsor Express star Greg Surmacz.

Surmacz averaged 12 points and nine rebounds per game in 32 minutes with the Express last season.

"He was the one guy that I knew we would pursue hard if he became a free agent," Lightning general manager Taylor Brown said.

London also signed Akeem Wright, who played for Oshawa and Moncton during NBL Canada's inaugural season. Wright went on to play ball in Israel, but returned to the NBL late last season, averaging 15 points and 8 rebounds in nine games with Halifax. London opens the 2013-14 season Nov. 1. METRO

NHL

Morrow lands job in St. Louis

The St. Louis Blues have signed forward Brenden Morrow to a one-year contract, reported by multiple media outlets to be worth $1.5 million US. Morrow had 25 points (12 goals, 13 assists) in 44 games with Dallas and Pittsburgh last season. THE ASSOCIATED PRESS

Brenden Morrow signed with the St. Louis Blues on Monday. GETTY IMAGES

NHL

League cracks down on Kassian with 5-game ban

The NHL suspended Vancouver Canucks forward Zack Kassian for five regular-season games and the rest of pre-season on Monday for a hit that broke the jaw of Edmonton forward Sam Gagner. THE CANADIAN PRESS

'We stuck up for ourselves'

NHL. Leafs, Sabres try to explain pre-season line brawl expected to result in 10-game ban for Toronto's Clarkson

Jonathan Bernier said his decision to get involved in the Sunday night brawl between the Leafs and Sabres was pure reaction.

Ditto to the man he fought, fellow goalie Ryan Miller.

"I was kinda surprised he wanted to square off," Miller said Monday in Buffalo.

"I guess new team, line brawl. I was a little surprised just because it's pre-season but hey, you're in Toronto and you get challenged, you can't really back down."

Both goalies defended their team's role in the brawl, which was triggered by a Jamie Devane clobbering of the Sabres' Corey Tropp earlier in the game.

On an ensuing faceoff, monster John Scott challenged and took off after the smaller Phil Kessel; a melee broke out, with the Leafs' David Clarkson leaving the bench to join the fray, which resulted in a 10-game suspension for the new Leafs forward.

"We felt the fight prior with Tropper didn't end in a very classy way," Miller said.

"He (Devane) asked Tropper to go.... We just thought that's poor taste at the end."

Devane saw it differently.

"You never want to see someone get hurt.… He initiated it, he asked me to fight," Devane said.

Tropp left the ice under assistance after taking at least two direct blows to the head, then falling and hitting his head on the ice. The Sabres expected to release a report Tuesday.

As for Kessel-Scott, and Clarkson-to-the-rescue, there were once again differing views.

"It was tough, one of our guys was in a fight, a skilled guy versus a tough guy, it wasn't acceptable.... I felt it was the right time to do that (fight Miller)," Bernier said. "I think it's good (that Clarkson came off bench). We don't want any suspension, but we stuck up for ourselves as a team."

TORSTAR NEWS SERVICE

Having a brawl

"I was happy, it was the first fight I've had in pro hockey."

Sabres goalie Ryan Miller on Sunday's brawl with Leafs goalie Jonathan Bernier in Toronto

Leafs goalie Jonathan Bernier takes a swing at his Sabres counterpart during pre-season hockey on Sunday in Toronto. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Veteran signing

Raymond the right fit, Nonis says

Mason Raymond liked the opportunity, so he took a risk by going to Toronto Maple Leafs training camp on a tryout.

The Leafs liked what they saw out of the veteran left-winger, so on Monday they signed him to a one-year, $1-million US contract.

"Based on Mason's play in the pre-season, we feel he fits in well with our group and will have a significant role on our team," general manager Dave Nonis said in a statement.

Raymond is likely to slide in on the Leafs' third line. His signing adds welcome speed to the lineup.

"There's limited stuff you can control in this game," Raymond said recently. "One of them is how hard you work, and with the ice time you're given to play the best that you can play."

THE CANADIAN PRESS

Tigers back in London on big screen

The documentary Curtain Call: The Tale of London's Tigers is screening this week at Rainbow Cinemas.
COURTESY 723 PHOTOGRAPHY

They only lasted five years and they were gone, but baseball fans have another chance to grab a glimpse of the London Tigers.

From 1989 to 1993, the Forest City played host to the Detroit Tigers' AA franchise.

The Tigers took London by storm, coming after the city went 47 years without a pro team. They rose fast and quickly won the Eastern League championship.

But, with attendance falling and Trenton, N.J., sniffing around for a franchise, the team suddenly left, leaving fans behind.

Now, as the 20th anniversary of that departure arrives, former Londoner Craig Chambers has made Curtain Call: The Tale of London's Tigers, a documentary about those special years.

"In terms of baseball, it kind of put London in the map," said Chambers, who now works for TSN in Toronto. "There are still a lot of people who are interested and are sad that the team (isn't) around."

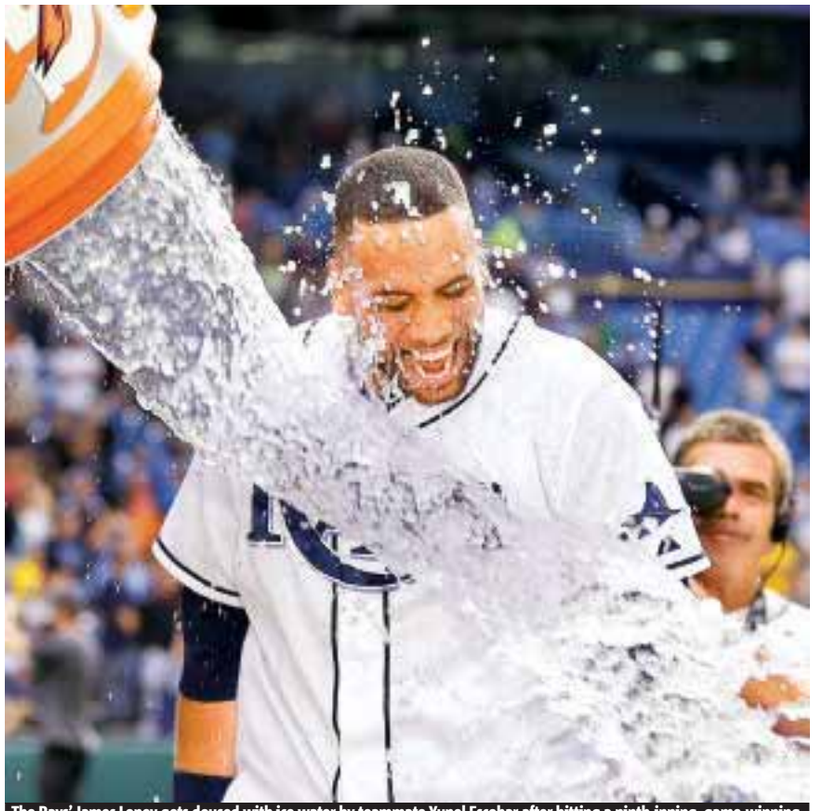
But business is business, and that was the Tigers' ultimate problem in London.

"The attendance was on the decline," Chambers explained. "There was another city that was really looking to get into minor-league baseball and it was just decided that it was maybe a good idea to get out of London before things got worse." DAVE LANGFORD/METRO

Coming soon

- Curtain Call: The Tale of London's Tigers is at Rainbow Cinemas for five showings this week.
- It screens at 7 and 8:10 p.m. Wednesday, at 7 p.m. Thursday and at 1 and 2 p.m. Sunday.
- Apart from a showing in Toronto next week, those are the only chances to see the film due to copyright reasons.

4 SPORTS



The Rays' James Loney gets doused with ice water by teammate Yunel Escobar after hitting a ninth-inning, game-winning home run off Orioles relief pitcher Tommy Hunter on Monday in St. Petersburg, Fla. CHRIS O'MEARA/THE ASSOCIATED PRESS

Wild card-leading Rays sweep sinking Orioles at home

MLB. Tampa moves one game ahead of Cleveland in battle for AL playoff berth

On Monday

Rays	Orioles
5	4

Wil Myers tied it with a two-run single on a jarring play in the seventh inning, then pinch-hitter James Loney stunned the Orioles with a leadoff homer in the ninth, and the Tampa Bay Rays completed a four-game sweep that put a serious damper in Baltimore's wild-card hopes with a 5-4 victory Monday.

The Orioles also lost all-star third baseman Manny Machado to a leg injury in the top of the seventh. Machado's left leg buckled when he stepped on first base running out an infield single. He was taken off on a stretcher.

The win pushed the Rays a full game ahead of idle Cleveland for the top AL wild card. Baltimore fell five games back of the Indians with six games to go for both teams.

With the bases loaded, two outs and trailing 4-2 in the seventh, Myers, a rookie, sent a flare behind second base. Second baseman Alexi Casilla, who entered the game in the eighth, made a fully extended diving catch but he collided with Nick Markakis, racing in toward the ball from right field. The ball came loose and two runs scored.

Casilla was shaken up on the play, but remained in the game. However, he left one inning later.

Hitting for Sean Rodriguez, Loney lined an 0-1 pitch from Tommy Hunter (6-5) down the right-field line.

Joel Peralta (3-8) pitched a perfect ninth for the Rays, who have won nine of 12.

Chris Davis hit his major league-best 52nd homer for Baltimore.

Going back to the final 11 innings of the Orioles' 5-4, 18-inning loss to the Rays Friday night, Baltimore had just two runs and 10 hits over 32 innings before getting the three runs on four hits in the fourth.

THE ASSOCIATED PRESS

MLB

Montrealers to toast 1994 Expos after 20 years

Montreal's baseball fans will get a chance to applaud the 1994 Expos for their memorable, strike-shortened season.

Former manager Felipe Alou has confirmed to The Canadian Press that he and other members of that dominant squad will be at an exhibition game next March at Olympic Stadium.

Alou says he doesn't know exactly what's planned but he'll be sure to make it up from the spring training camp of the San Francisco Giants, for whom he's a scout. He said the details still need to be ironed out with former Expos star Warren Cromartie, who is spearheading the event.

"I know he's trying to reach other players from that team, but I don't know who he got. He told me he'd be in touch after the season," Alou said in a phone interview.

A news conference is scheduled for Tuesday when Cromartie's Montreal Baseball Project will introduce some results of a feasibility study on baseball in Montreal. THE CANADIAN PRESS

NFL. Undefeated Dolphins get an extra day off to bask in unusual early success

As the Miami Dolphins prepare for a rare prime-time appearance next Monday night at New Orleans, the extra day between games will be welcome.

It gives the Dolphins a few additional hours to enjoy being 3-0, more time for an injury-depleted defence to mend, and another practice to address serious problems with pass protection.

The surprising Dolphins took another step toward ending their streak of four consecutive losing seasons by rallying past Atlanta 27-23 Sunday.

"We're making the most of the present, and hopefully we can snowball that into the future," said long snapper John Denney, whose nine years with Miami give him locker-room seniority.

The Dolphins have won their first three games 12 other times, and none of those teams finished with a losing record. Nine of them made the playoffs, and Miami's quick start has stirred speculation about a run to the post-season.

Such optimism is a big change in South Florida, because the Dolphins haven't been 3-0 since 2002, and they've reached the playoffs only once since 2001.

Dolphins QB Ryan Tannehill has impressed in the opening weeks. MIKE EHRMANN/GETTY IMAGES

Their statistics make their record a head-scratcher. They've been outgained by 158 yards, and their rushing attack (3.3 yards per attempt) and run defence (4.7) are both significantly worse than last year, when they went 7-9.

But they've shown a flair for big plays, something missing in recent seasons. They lead the NFL in red-zone scoring, and they've already come up with five interceptions, half of last season's total.

THE CANADIAN PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	95	62	.605	—
Tampa Bay	87	69	.558	7½
New York	82	74	.526	12½
Baltimore	81	75	.519	13½
Toronto	71	84	.458	23

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	91	65	.583	—
Cleveland	86	70	.551	5
Kansas City	82	73	.529	8½
Minnesota	65	90	.419	25½
Chicago	61	94	.394	29½

WEST DIVISION

	W	L	Pct	GB
Oakland	93	63	.596	—
Texas	84	71	.542	8½
Los Angeles	76	79	.490	16½
Seattle	68	88	.436	25
Houston	51	105	.327	42

Monday's results
Tampa Bay 5 Baltimore 4
Houston at Texas
Detroit at Minnesota
Toronto at Chicago White Sox
Oakland at L.A. Angels
Kansas City at Seattle
Sunday's results
San Francisco 2 N.Y. Yankees 1
Cleveland 9 Houston 2
Chicago White Sox 6 Detroit 3
Boston 5 Toronto 2
Tampa Bay 3 Baltimore 1
Kansas City 4 Texas 0 (10 inn.)
Seattle 3 L.A. Angels 2
Oakland 11 Minnesota 7
Tuesday's games — All Times Eastern
Chicago White Sox (Santiago 4-9) at Cleveland (Jimenez 12-9), 7:05 p.m.
Toronto (Redmond 4-2) at Baltimore (Tillman 16-7), 7:05 p.m.
Tampa Bay (Moore 15-4) at N.Y. Yankees (Kuroda 11-12), 7:05 p.m.
Houston (Peacock 5-5) at Texas (Darvish 13-9), 8:05 p.m.
Detroit (Fister 13-9) at Minnesota (Diamond 6-11), 8:10 p.m.
Oakland (Griffin 14-9) at L.A. Angels (Vargas 8-7), 10:05 p.m.
Kansas City (Chen 8-3) at Seattle (Paxton 2-0), 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	92	63	.594	—
Washington	84	72	.538	8¼
New York	71	84	.458	21
Philadelphia	71	84	.458	21
Miami	57	99	.365	35½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	91	65	.583	—
Cincinnati	89	67	.571	2
Pittsburgh	89	67	.571	2
Milwaukee	69	86	.445	21½
Chicago	65	91	.417	26

WEST DIVISION

	W	L	Pct	GB
Los Angeles	90	66	.577	—
Arizona	79	76	.510	10½
San Diego	72	83	.465	17½
San Francisco	72	84	.462	18
Colorado	71	86	.452	19½

Monday's results
N.Y. Mets at Cincinnati
Milwaukee at Atlanta
Philadelphia at Miami
Pittsburgh at Chicago Cubs
Washington at St. Louis
Arizona at San Diego
Sunday's results
Cincinnati 11 Pittsburgh 3
N.Y. Mets 4 Philadelphia 3
Miami 4 Washington 2
Atlanta 5 Chicago Cubs 2
Arizona 13 Colorado 9
L.A. Dodgers 1 San Diego 0
Washington 5 Miami 4
Milwaukee 6 St. Louis 4
Tuesday's games — All times Eastern
N.Y. Mets (Niese 7-8) at Cincinnati (Leake 14-6), 7:10 p.m.
Milwaukee (Thornburg 3-1) at Atlanta (Garcia 1-2), 7:10 p.m.
Philadelphia (Miner 0-1) at Miami (Alvarez 4-5), 7:10 p.m.
Pittsburgh (Cole 9-7) at Chicago Cubs (Rusin 2-5), 8:05 p.m.
Washington (Gonzalez 11-7) at St. Louis (Wacha 3-1), 8:15 p.m.
Boston (Lackey 10-12) at Colorado (Chatwood 7-5), 8:40 p.m.
Arizona (Miley 10-10) at San Diego (Ross 3-8), 10:10 p.m.
L.A. Dodgers (Ryu 13-7) at San Francisco (Cain 8-9), 10:15 p.m.

CFL

WEEK 13

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	12	8	4	0	354	315	16
Hamilton	12	6	6	0	316	329	12
Montreal	12	4	8	0	285	349	8
Winnipeg	12	2	10	0	251	368	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	12	9	3	0	373	301	18
B.C.	12	8	4	0	325	302	16
Saskatchewan	12	8	4	0	376	282	16
Edmonton	12	3	9	0	294	328	6

Sunday's result
B.C. 24 Saskatchewan 22
Saturday's results
Hamilton 28 Montreal 26
Toronto 33 Calgary 27

NFL

WEEK 3

Monday's result
Oakland at Denver
Sunday's results
New England 23 Tampa Bay 3
Cincinnati 34 Green Bay 30
Cleveland 31 Minnesota 27
Baltimore 30 Houston 9
Tennessee 20 San Diego 17
Carolina 38 N.Y. Giants 0
New Orleans 31 Arizona 7
Dallas 31 St. Louis 7
Detroit 27 Washington 20
Miami 27 Atlanta 23
Indianapolis 27 San Francisco 7
Seattle 45 Jacksonville 17
N.Y. Jets 27 Buffalo 20
Chicago 40 Pittsburgh 23

MLS

Sunday's results
New York 1 FC Dallas 0
Friday's game — All Times Eastern
Philadelphia at Kansas City, 8 p.m.
Saturday's games
D.C. United at Toronto FC, 1 p.m.
Real Salt Lake at Vancouver, 7 p.m.
Houston at New England, 7:30 p.m.
Montreal at Chicago, 8:30 p.m.
Sunday's games
Los Angeles at Portland, 3:30 p.m.
Columbus at FC Dallas, 8:30 p.m.
New York at Seattle, 9 p.m.
San Jose at Chivas USA, 11 p.m.

Horoscopes

♈ Aries
March 21 - April 20
Someone will try to provoke you in the hope that you will disgrace yourself in front of important people. Now that you know, you can control your feelings and pretend you are cool, calm and collected.

♉ Taurus
April 21 - May 21
Don't let others push you too hard today. Taurus may be one of the most rugged signs but you have your limits. Know what they are and make sure you stay within them.

♊ Gemini
May 22 - June 21
There are moments when the pieces in the jigsaw fit and you see the bigger picture. This is one of them. It's also one of those moments when you realize anything is possible.

♋ Cancer
June 22 - July 23
Take what is on offer today, even if it is less than you were hoping for. If you hold out too long, there is a chance others will lose patience and pull back from the brink. It's a good deal.

♌ Leo
July 24 - Aug. 23
What is right for you may not be right for someone else and it's important that you recognize that. If you expect someone you live or work with to like what you like then you will be disappointed.

♍ Virgo
Aug. 24 - Sept. 23
What you own and what you earn is high on your agenda at the moment and will get even higher over the next few days. Find ways to boost your income and try to work it so that you help other people too.

♎ Libra
Sept. 24 - Oct. 23
Whatever you start over the next few days you will have the power of the Sun behind you, which means you cannot fail. If you get a hunch then go with it and expect it to lead you to fame and fortune.

♏ Scorpio
Oct. 24 - Nov. 22
Mercury in your sign will clear your mind of foolish ideas and make it easier for you to pursue a course that leads to material success. Fantasy can be fun, but reality has its pleasurable moments too.

♐ Sagittarius
Nov. 23 - Dec. 21
If you think that life has been a bit tame, you will change your tune over the next few days. In fact, you may begin to wish that the pace of life was not quite so hectic. Too bad.

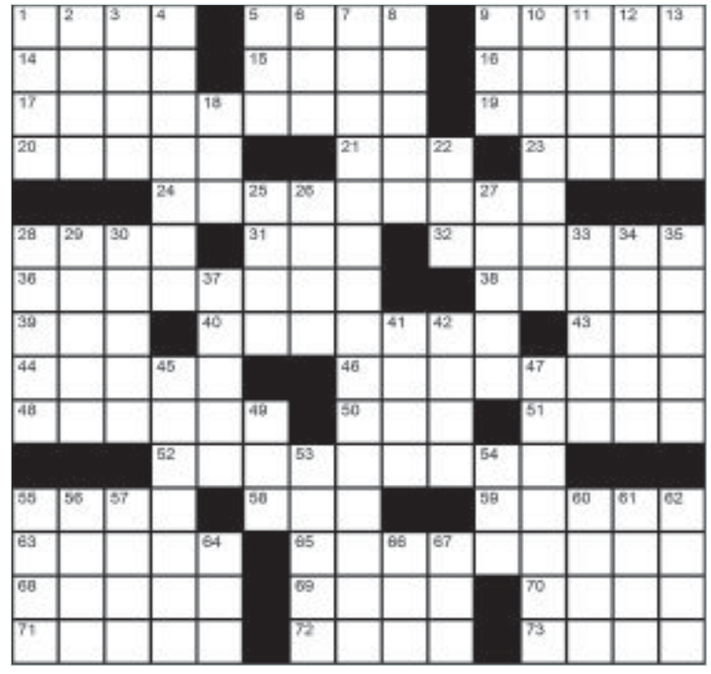
♑ Capricorn
Dec. 22 - Jan. 20
Changes in your world will have a knock-on effect on your day-to-day affairs. Should you be worried? Not really, because in the long-term these changes can only make you stronger.

♒ Aquarius
Jan. 21 - Feb. 19
Look beyond your everyday environment and discover places, people and ideas that expand your mind. Life is a fun learning experience, one that never ends.

♓ Pisces
Feb. 20 - March 20
It won't be easy to keep your fears under control. Whatever happens, and whatever you imagine might happen, realize that in the greater scheme of things it's of no real importance. SALLY BROMPTON

Crossword: Canada Across and Down

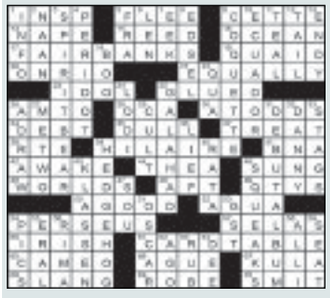
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Farm enclosure
5. Mystique
9. Flight segment
14. Soldier's supply, shortly
15. Cast __ pan
16. Door: French
17. Write up a dosage for
19. Martian
20. Baseball inning
21. Groceries holder
23. Not different
24. Send to the wrong locale
28. 1812 Rossini comic opera, La Scala di __
31. Pique
32. Follower of The Way
36. Jeans brand
38. New Wave music instr.
39. Slot machine feature
40. Least favourable, as per scenarios: 2 wds.
43. Bambi's mom, for one
44. Someone sulking
46. "__ Rhapsody" by Queen
48. Greenery in houses
50. Pre-Traveling Wilburys gr.
51. Gets food
52. Glum
55. Eyeliner of ancient Egypt
58. Painting, for instance
59. Debated topic
63. Self-evident truth
65. Full belief to not doubt
68. Jumpy
69. Handwashing need
70. Country star, Vince __
71. Website's opening page word, sometimes
72. Cloth scraps
73. Airport scr. postings

Down
1. Breakfast cereal brand, __ Crunch
2. Actor Mr. Katz
3. Sort of sign
4. "The __ Always Rings Twice" (1981)
5. Breathed-in stuff
6. Mr. Geller of spoon-bending
7. Toronto-born member of The Band: 2 wds.
8. Approaching, archaically
9. Luxe lieu
10. Anna Karenina author Leo
11. Solo-moment song
12. Any thing
13. Ms. Russo
18. Vital life energy
22. Understand
25. Sediment
26. Ms. Barrymore
27. Hereditary social class
28. Overwhelm, as with work
29. Movie star Mr. Flynn
30. Florida city
33. "A Passage to __" (1984)
34. Short-tailed weasel
35. Not nows
37. "Wayne's World" (1992) character
41. Throw the dice
42. Sole spot
45. Attach, as to a letter
47. Classic rap song: "The __"
49. Above __ level
53. De-chalk the chalkboard
54. Posh title
55. William's wife
56. Yoked pullers-of-plows
57. Bit of knowledge-able help
60. Miffed state
61. American sch. on the West Coast
62. Morays, and others
64. Sea: French
66. "__ Songs (Say So Much)" by Elton John
67. Booming times

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	4		8		2		7	
		8				9		
	9		1		5		6	
	3	4				6	5	
9								7
	1	7				4	8	
	8		9		3		4	
		6				5		
	5		2		1		3	

Yesterday's Sudoku

1	5	6	8	3	4	7	9	2
8	2	3	7	5	9	6	1	4
7	9	4	6	2	1	8	3	5
5	7	2	9	6	3	4	8	1
4	8	9	1	7	2	3	5	6
3	6	1	4	8	5	2	7	9
9	1	8	2	4	7	5	6	3
6	4	5	3	9	8	1	2	7
2	3	7	5	1	6	9	4	8

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